

Somerset County Senior Center Menu – Week 4 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Fruit Punch
- 5 ea. Chicken & Vegetable Dumplings + 2 oz. **Reduced Sodium** Ramen Mushroom Sauce (**Please Send Extra Ramen Mushroom Sauce Separately**)
- ½ c. Oriental Blended Vegetables
- ½ c. Tossed Salad with 2 sl. Cucumbers + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Plain Dinner Roll – Butter
- ½ c. Fresh Sliced Strawberries
- 8 oz. 1% Milk

TUESDAY

- 4 oz. Apple Juice
- 1 ea. Stuffed Cabbage + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Roasted Red Potatoes
- ½ c. Carrot Coins
- ½ c. Arugula with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Tangerine
- 8 oz. 1% Milk

WEDNESDAY

- 6 oz. **Reduced Sodium** Carrot Ginger Soup – **No Crackers/MOW's: Assorted Fruit Juices**
- 3 oz. Polynesian Roast Pork + 2 oz. **Reduced Sodium** Polynesian Sauce (**Send Extra Polynesian Sauce Separately**)
- ½ c. Quinoa Pilaf
- ½ c. Snow Peas, Baby Corn & Water Chestnuts
- ½ c. Spinach Salad with 1 Tbsp. Diced Red Pepper – Salad Dressing
- 1 ea. Eight Grain Dinner Roll – Butter
- ½ c. Fresh Fruit Salad – **No Grapefruit**
- 8 oz. 1% Milk

THURSDAY

- 4 oz. Orange Juice
- 8 oz. Vegetable & Egg Fried Rice (Made with ½ c. Brown Rice + 3 oz. Scrambled Eggs + 1 oz. Diced Carrots, Reduced Sodium Soy Sauce and Garlic Shallot Infused Oil)
- ½ c. Broccoli Florets & Roasted Yellow Corn Medley
- ½ c. Tossed Salad with 1 Tbsp. Shredded Carrots + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Twelve Grain Bread – Butter
- ½ c. Strawberry Yogurt/ ½ c. **Sugar Free Vanilla Pudding – Diabetic**
- 8 oz. 1% Milk

FRIDAY

- 4 oz. Fruit Punch
- 3 oz. Chicken Breast Marsala (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Marsala Sauce (**Please Send Extra Marsala Sauce Separately**)
- ½ c. Golden Russet Potatoes
- ½ c. Mixed Vegetables
- ½ c. Chopped Romaine Lettuce with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk